



ALLISON
& ASSOCIATES

Dear patients,

There has been lots of information since the early 2000s about the links of inflammation and the direct effects of systemic inflammation on decreasing lifespans and healthspans. The medical field is undergoing a shift from disease treatment, of which they are excellent, to a model more focused on prevention. More patients and practitioners are seeking answers for the reasons for disease and how we can combat these processes in the efforts to improve longevity and live our best lives. The search for the root causes and early detection in the hopes of changing behaviors rests at the heart of preventive dentistry and medicine.

Dental health and the practice of dentistry are key components in this medical model of longer lifespans and healthspans. Several scientific articles point to the definitive links between oral health and the necessity of excellent oral health for longevity. I was fortunate during my dental school education to have some of the leading scholars and researchers in the field of periodontal health and I understood early in my career the benefits of excellent oral health.

Since my graduation from dental school in 2001, more research has established this delicate balance of optimal oral health with your body's best systemic health. There are 80+ diseases whose bacteria profiles demonstrate the presence of increased levels of oral bacteria. As we learn new cause and effect of oral bacteria on systemic health, I feel it is important to share this information with my patients as I want every one of you to have the best lifespan!

With each newsletter in this series, I want to share scientific data on what happens in your mouth and why it matters. However, we need a foundation for disease prevention and promotion of health. Let's start with what to do for optimal health and what happens during the home care process.

Your mouth has its own ORAL MICROBIOME: Of course, it does as this is the first part of your digestive tract and the bacteria start here and go all the way until the end. There are over 700 bacterial species present in the mouth. They exist in the complex biofilms associated with the teeth, gums and bone. For healthy mouths and gums where there is no bleeding, the organisms exist symbiotically. These bacteria move around your mouth and enter your blood stream through tiny access points in the gums around each tooth. Healthy mouths have minimal insults of bacteria into the blood stream as the gum tissues are taut and access is limited. Regular home care of brushing, flossing, water-piking, tongue scraping, healthy diets and probiotic treatment help to maintain a healthy oral microbiome by disrupting pathogenic bacteria in the biofilm formation. The routine care of your mouth reduces the number of "Bad Bugs" which enters your blood stream by the frequent disruption of biofilm/colony formation. If there is any bleeding with brushing, flossing, water-piking or eating, the gums are not healthy and you need to see us immediately.

What are some of the tools we recommend for our patients? Dental floss, a soft-bristle toothbrush, a waterpik and toothpaste. The best routine for home care includes brushing and flossing upon waking and brushing and flossing directly before you go to bed. This helps to disrupt your biofilm right before your saliva is lowest, while you sleep, and right after the saliva flow has been lowest, upon waking. It's just a matter of helping to reduce the bacterial load of the bad bacteria and allowing the

good to flourish. Additional products for oral care are waterpiks and water flossers, tongue scrapers, mouthwash (non-alcohol based), proxy brushes or soft picks, interdental brushes and oral probiotic lozenges.

Here are a few links to some of my favorite products:

Toothbrushes, Waterpiks and Waterflossers:

<https://www.usa.philips.com/c-m-pe/electric-toothbrushes>

<https://www.waterpik.com/>

Oral Hygiene Products like Dental Floss, Toothpaste, Tongue Scrapers and Mouthwash:

Oral Care Products

<https://cocolab.com/>

<https://risewell.com/>

<https://fygg.com/>

Tongue Scraper

<https://www.boka.com/products/rasana-tongue-cleaner>

Probiotic Lozenges

<https://a.co/d/aexw5dP>

Soft Picks

<https://a.co/d/4NX4sPN>

These are just some suggestions. There are several great products available. The most important thing is to establish good daily habits and use them!

I look forward to sharing more information with you and to helping you achieve your best healthy smile and lifespan!

Sincerely,

Dr. Shannon Allison

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